

## **SAUTEED BREAST OF CHICKEN WITH ORANGE-HONEY & GRAPE SAUCE**

**Serves 4**

**Complements of:**

**Chef Don Antinore 9/3/05**

4-6 oz. boneless-skinless chicken breasts

flour for dredging

salt and milled pepper to taste

oil for frying

3 tablespoons honey

2 tablespoons fresh parsley, minced and rinsed (squeeze dry)

3-4 tablespoons grated fresh orange rind (zest)

1 ½ cups seedless white grapes, halved (red can substitute)

½ cup dry white wine

½ cup concentrated orange juice

**Combine flour, salt and pepper and dredge the chicken breasts, tapping off excess flour. Heat the oil in a heavy skillet over medium heat and brown the chicken breast evenly on all sides.**

**Add all the honey, orange juice, wine, orange zest, and parsley. Mill a little more pepper over all (to taste), cover, reduce heat to low and simmer for 10-12 minutes.**

**Remove chicken breasts to a warm platter, add halved grapes to the sauce, heat through. Pour the sauce with the grapes over the chicken and serve piping hot.**

**Select and cook to just tender a fresh green vegetable.**

**Cook your favorite rice pilaf and enjoy.**

**A crisp loaf of French or Italian bread..... and voila, dinner!**